

Ten Minute Corn Chowder

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 teaspoon vegetable oil
1/2 onion (chopped)
1 teaspoon garlic (minced)
4 tablespoons flour (all purpose)
3 cups non-fat milk
2 teaspoons mustard
1/4 teaspoon thyme (dried)
 black pepper (to taste)
2 cups corn kernels (frozen)
4 tablespoons cheddar cheese, shredded reduced fat

Directions

1. Heat a large non-stick skillet over medium-high heat. Add the oil and saute the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	3 g	5%
Protein	12 g	
Carbohydrates	37 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	150 mg	6%